

GRAPESVINE

VISITACION VALLEY

NUMBER 96

SERVING OUR COMMUNITY

JULY 1994

"Eye to Eye" Visits Geneva Towers



Victoria Gray and granddaughter Unique Fuller met with Connie Chung of CBS at Geneva Towers.

Geneva Towers residents, including Leslie Burch, Chana Kennedy, Delores Gladdis, Dorothy Dean and Victoria Gray discussed pros and cons of security at the twin

highrises June 5 for CBS's "Eye to Eye with Connie Chung" as a segment for a feature to air on the popular Thursday evening news show in July.

Technical Studies Included in Waste Expansion Report

Three technical studies, including a Health Risk Assessment (HRA), Accident Analysis and Traffic Study are being undertaken in conjunction with an environmental impact report (EIR) exploring proposed expansion of the hazardous waste facility at 501 Tunnel Ave., according to the S.F. Department of City Planning's Office of Environmental Review.

Hazard identification - what comes into the facility and how its handled - and emission estimates comprise a large portion of the HRA, with an exposure assessment, toxicity analysis and risk characterization rounding out the study.

Results of studies will be made available to a local assessment committee providing additional input on items not covered by the EIR, which state law exempts from covering neighboring social and economic conditions.

Grand National Rodeo Returning To Cow Palace

Unexpected early demand for season box seats has left only a limited number for the 50th Grand National Rodeo, Horse and Stock Show, October 28 through November 6 at the Cow Palace, but plenty of regular tickets and further information are available from the Cow Palace box office, 469-6065, or through BASS ticket outlets.

Eleven performances will feature six Professional Rodeo Cowboy Association major events with a spectacular horse show, the world-famous Budweiser's Clydesdale Draft Horse Hitch and a special video screen offering vivid replays of rodeo action.

San Francisco is the last major American city to host an event of this magnitude featuring thousands of participants and attracting nationwide crowds. A long-time major tradition offering a unique glimpse of true Americana, the Grand National is the largest combined show of its type in the United States with a sweeping pageant saluting the heritage of the West.

Hailed by NBC as "Northern California's premier family event," the show is a colorful spectacle attracting more than 600 Rodeo participants, 1,000 horses in the Horse Show and 2,500 beef cattle, swine and sheep in the Stock Show. Magnificent jumping horses, Arabian horses, Saddlebred, Western reined cow horses, Paint and Quarter horses add equestrian style and grace to the show.

Additional special events include: a children's petting zoo with baby animals; tours of livestock barns; special days for seniors; and 4-H and Future Farmers of America agricultural days. Numerous exhibitors will have western boots, clothing, saddles and artwork for sale. Post-show country and western dances are also scheduled following Friday and Saturday night performances.

Discussion Held To Improve Small Business Climate

Assembly Speaker Willie L. Brown, Jr., sponsored a free one-day certification screening and panel discussion on contracting June 24 with government agencies and public utility companies.

Designed to provide better access to state contracts, the discussion was organized to improve small business climate and boost local economy. A workshop brought public utility and government contracting agents face-to-face with various small firms owned by minorities, women and disabled veterans to discuss procurement for government contracts - usually difficult to obtain without understanding how to maneuver through bureaucratic red tape.

"California is recovering from the worst economic downturn since the Great Depression," said Speaker

Visitation Valley Task Force Releases Preliminary Draft Of Community Survey Results

Members of the Visitation Valley Task Force (VVTF) released a preliminary draft of a recently completed Community Plan addressing four key categories at their regular meeting June 20. Recommendations and strategies concerning housing, safety, youth programs and economic development were read and translated by VVTF members as those in attendance learned first-hand the results of bilingual surveys having circulated through the Valley in the past several months (located on page 8).

Representatives from the Mayor's Office of Economic Development and an affiliated agency were also present to provide information on the City's Self Employment and Enterprise Development Program (SEED) designed to help aspiring low-to-moderate income businesspeople with training programs and start-up loans.

"Thank you all for the hard work," complemented Director Anthony Lincoln of the Mayor's Office of Children, Youth and Their Families in acknowledging Mayor Jordan's appre-

ciation of the task force's initiation and compilation of a detailed community plan within 90 days. "Your job is to now carry forth those ideas around the community."

Geneva Towers, long a point of controversy between residents and surrounding neighbors either demanding complete building overhauls or demolition and replacement with more suitable structures, is given primary consideration in the community plan, as the VVTF recommends the highrises "be left untouched until the current residents are relocated to specific housing in the area, or a place of their choice, and that they be given first option of returning to the newly constructed buildings."

Other strategies call for new construction in the Sunnydale housing development and development of a large vacant lot adjacent to Geneva Towers on Sunnydale Ave.

Increased police presence and better street lighting are key issues of the plan's safety recommendations. al-

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Health Care Reform Should Include Necessary Lead Abatement Measure

Returning from a recent national conference, Neil Gendel, director for the Lead Poisoning Prevention Project in San Francisco, vowed to ensure national health care reform includes a provision establishing a trust fund to clean up lead-based paint hazards in housing and day care centers. Sponsored by the non-profit Alliance to End Childhood Lead Poisoning, the Washington, D.C. conference - Building a Lead-Safe Future - brought together more than 1,200 U.S. experts and activists in children's health, housing and the environment to develop and refine strategies in protecting children, preserving affordable housing and building momentum for preventing the incurable disease. Lead poisoning afflicts one in ten American children under age six.

"In San Francisco, the city is literally painted with lead," said Gendel. "Over 74 percent of our housing was built before 1950. In recent surveys, up to 12 percent of our children have elevated levels of lead in their blood."

Gendel further explained that the problem has indeed reached epidemic proportions with all young children at risk, especially those living in minority communities.

Sobering facts about childhood lead poisoning:

*Medical experts agree that low levels of lead poisoning cause children to have lower IQs, shortened attention spans, hyperactivity, aggressive behavior, reading disabilities and behavioral problems. High levels of lead poisoning cause mental retardation, coma, convulsions and death.

*Lead poisoning is prevalent throughout the U.S. In the first quarter of 1993, 35.8 percent of children

screened in Chicago had blood levels above the level of concern established by the Centers for Disease Control and Prevention. Statewide screening in Massachusetts that year found 15 percent of children tested with elevated blood lead levels, while 12.4 percent of children screened in Indiana from July 1992 to June 1993 had high blood lead levels.

*Both African American and Latin American children are much more likely to be poisoned - especially true here in San Francisco where more than 75 percent of housing units have lead-based paint.

*Nearly half of America's housing stock contains lead-based paint, while nearly 20 million housing units have either chipped or peeling paint, or high lead dust levels.

*Both U.S. Centers for Disease Control and Prevention explained that "Lead-based paint and paint-contaminated dust account for most cases of lead poisoning in the United States." San Franciscans are especially at risk because of an abundance of other potential sources with large Asian and Latin populations and their use of tableware, traditional health remedies and tin food cans.

*More than one in four lead poisoning cases at Boston Children's Hospital are attributable to home renovation projects, activities which occur daily in San Francisco's Victorians and other housing. Few contractors, workers, homeowners and renters protect themselves and others from exposures to lead released by this construction.

"Health care reform provides an extraordinary opportunity to take an important step toward creating safer envi-

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Free Training for Building Trade Jobs

Asian Neighborhood Design's (AND) Employment Training Center is offering free job training for older teenagers and young adults to learn cabinet making, carpentry and construction skills leading to possible jobs in the building trades.

Participants in the program get hands-on training using equipment common in shops and on job sites today, getting exposure to drafting, CAD and computers. Participants also learn job search and survival techniques, receiving basic remedial education to learn math, reading and writing skills needed for the job.

Applicants must be low-income San Francisco residents, able to communicate in basic English and available full time for at least 16 weeks. Previous

experience in wood working is not necessary in this equal opportunity program with a tradition of training young people from diverse cultural backgrounds.

Interested individuals should apply in person at AND's training center, 1232 Connecticut St., 2nd floor, Monday through Friday from 8 a.m. to 4 p.m. Enrollment occurs from July through May based on position openings.

Founded in 1973, AND is a non-profit community development corporation providing services in diverse low-income communities in the areas of housing and employment. Programs focus on housing development, architecture, community education, job training and business development.

Casting the Net on Seafood Safety

A major new proposal was recently announced by the Food and Drug Administration (FDA) that would establish a stronger safety net for seafood.

Under the proposal, every company which imports, processes, distributes, farm-raises or stores seafood will be required to establish a Hazard Analysis Critical Control Point (HACCP) system.

HACCP plans incorporate preventive steps to avoid possible product contamination. Guidelines for all aspects of the process will be tightly enforced by FDA once industry-wide compliance is achieved.

The HACCP system is based on several key principles which include a science-based analysis of potential hazards, determinations of where the hazards can occur in processing, and implementation of measures to prevent problems and corrective actions if they do occur. Detailed record keeping then allows government regulators to monitor closely how well firms are performing on a continuous basis.

Introduction of a HACCP approach for seafood is also believed to be the first in a series of such requirements for other segments of the food industry, such as meat and poultry.

WHAT'S THE CATCH? Impetus for the new seafood industry HACCP proposal is related partly to consumers' growing concerns about the safety of seafood. Recent outbreaks of foodborne illness and deaths linked to raw seafood consumption in certain regions of the country have heightened calls for stronger seafood regulations.

"The truth is, most cases of foodborne illness are preventable," said Health and Human Services Secretary Donna E. Shalala, when announcing the new proposal. "And it's our job to prevent them. That's why we are strengthening our seafood safety program."

The FDA will develop guidelines and model plans for processors to help ease the transition to the new regulations. Once the proposal is finalized, the industry will then have nearly two years to comply with the changes.

"We anticipate it taking about one year just to finalize and issue the regulations, and another year for manufacturers to put HACCP into practice," said Kathy Snider of the National Fisheries Institute (NFI).

While adoption of HACCP is not expected to control every hypothetical hazard, it should reduce most preventable hazards and the potential for

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Kittens Need Families

Swamped with healthy, underage kittens, the San Francisco SPCA is looking asking local residents with room in their homes and hearts to help a litter of kittens for just a few weeks.

Foster parents take kittens home for a few weeks of love, nurturing and socialization until they reach eight weeks of age, after which they're returned for placement in loving homes.

Foster parenthood - like all wonderful things - usually ends too soon, with some parents often wanting to take another litter. Call 554-3080 for information.

Graduation Ceremony at VVES



Lychelle Dyer

Rodel Rodis

With improved school-wide academic performance the past semester, excelled citizenship and competitive test scores motivated one of the best fifth-grade classes from Visitation Valley Elementary School to middle school promotion June 25. Several "Class of '94" students were congratulated in winning district or city-wide awards for excellence in science, essay writing, art and overall academics.

Representing the fifth-grade class was Lychelle Dyer, who compli-

mented the school's staff for her enlightened education in a touching farewell. All graduating VVES students are invited to visit "Little Vis" in the future to let former instructors know of their educational progress.

Keynote speaker Rodel Rodis, former vice-president and current member of the S.F. Community College Board of Trustees encouraged students to successfully meet life's challenges "out in the world."

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"It used to be that a good farmer was a clean farmer," said Bruce Rominger, manager of A.H. Rominger & Sons, who grow 4,000 acres of processed tomatoes, wheat alfalfa, corn, sugar beets and other crops in the fer-

SUPPORT FOR FAMILIES

Sincerely,
Gloria Ann Pitre-Young

Earthquake Safety And Preparedness Could Save a Life

[illegible]

"Our ideas of farming are changing," said Jim Sari, a third-generation grape grower in Del Ray. "We recognize nature is intimately involved in agriculture, and we're working to preserve the land's long-term productivity and sustainability."

Better Breathing Course Teaches Coping Skills

Topics covered include: function of the lungs - how they work; recognizing symptoms of illness; controlling breathlessness through breathing and relaxation exercises; proper use of medication and oxygen; and how to stay healthy. For additional information, contact Albert Smith or Steve Martin at 543-4410.

SF/SPCA July Events

*July 31: Rabbit Care Class from 1 to 4 p.m. Call 554-3050 to register.

FIVE YEARS AGO
IN THE GRAPEVINE

1989

*A new traffic plan was devised by the Candlestick Park Transportation Task Force with the California Highway Patrol to assist resident motorists attempting to get into Visitation Valley during halldames.

For example, a 1992 USDA Economic Research Service survey of vegetables grown in 14 states showed that 60 percent of growers scouted their fields for pests. Routine or preventive pesticide application was reduced to 30 percent for herbicides and

Next Little Hollywood Meeting on July 12

Continuing topics of discussion include proposed lighting of Little Hollywood Community Park and feasibility of traffic signals on Bayshore Blvd. at Hester Ave., adjacent to the freeway.

What You Should Know About Sugars

There are many types of sugars that play important roles in foods. Some foods, such as milk and fruit, contain sugars naturally, while others, such as cakes and pies, have added sugars.

Lead Abatement A Must in Health Care

ronments for all our children," explained Gendel, who referred to a lead abatement trust fund bill introduced last year by Rep. Benjamin Cardin (D-MD) which Congress has decided to consider as part of health care reform legislation. "The trust fund could provide up to one billion dollars a year to help cities like San Francisco protect our children from the debilitating disease."

Consumer Action's Lead Poisoning Prevention Project is currently mobilizing all local resources to solve this problem by working with community-based organizations, their networks and coalitions to educate parents and protect their children from lead poisoning. By leading this effort to develop and implement effective, comprehensive legislation and providing a framework for government action, goals have been established to make sure we have healthy children, decent housing, and job and career opportunities for everyone in San Francisco.

Still, when consumers are informed of IPM, Bruhn said it does not change their basic value structure; for example, those who totally oppose pesticide use continually do so. But consumer confidence in the safety of fruits and vegetables does not increase with information about the many non-chemical alternatives being used.

Discussion for Benefit Of Small Business

Brown. Improving the state's economy will involve offering incentives to big business and encouraging growth within the small business community by integrating them into the state's government contracting process."

Participants met with representatives from various organizations including: the Bay Area Small Business Development Corporation; Mission Economic Development Agency; State Division Office of Architect; State Department of Transportation; California Prison Industry Authority; and the State Department of General Services. "The State of California recognizes that small businesses are the backbone of its economy," said David Smith, certification manager of the Office of Small and Minority Business. "To encourage small business participation and to make them more competitive ... certified small businesses are entitled to a five percent bidding preference on state contracts."

Murder Case Update

The family of Sulu Palega, Jr. suffers as accused murderers walk free. Since many knew and loved Junior Palega, and also know and love the Palega family, we thought this item, circulating around San Francisco neighborhoods, should be brought to your attention.

SULU JR.'S MURDERERS UPDATE

Mr. Don Stahl, District Attorney, P.O.
Box 442, Modesto, CA 95353. Re: DA
#27-46-86, Sululagi M. Palaga, Jr.

PICK UP YOUR FREE
GIANTS POSTER AT
THE LOCATIONS
BELOW!

GET IT.



GOT IT.

RECYCLE IT!

Check it out! Visitation Valley, OMI, Bayview Hunters Point, Excelsior and Mission residents can earn a pair of Giants tickets just by recycling.

From June 1st through August 31st, turn in a Giants recycling card each time you recycle. That's 12 chances to win! Giants recycling cards are available at:

VISITATION VALLEY
Portola Recreation Center
500 Felton
Visitation Valley Community Center
50 Raymond
Visitation Valley Library
45 Letland
John McLaren Nursery & School Age
2055 Sunnydale
Health Center #3
1525 Silver Ave

BAYVIEW HUNTERS POINT
Bret Haite Nursery & School Age
950 Hollister Ave
Bayview Hunters Point
Foundation Youth Services
5015 Third St
Hunters Point Youth Park
200 Middle Point Rd
Hunters Point Boys & Girls Club
195 Kiska Rd
Joe Lee Recreation Center
1395 Mendell St
Southeast Health Center
2401 Keith
Whitney Young Center
100 Whitney Young Circle
youngblood Coleman
Recreation Center
1400 Hudson

OMI
Oceanview, Meiced Heights & Ingleside
OMI Neighbors in Action
1111 Junipero Serra Blvd.
Ocean View Recreation Center
Capitol and Montana
Ingleside Library
387 Ashton
Ingleside Community Center
1345 Ocean Ave
Lucky
3925 Alemany
Payless
3975 Alemany
Ocean View Library
111 Broad Street

EXCISIOR
Cala Foods
4175 Mission
Excelsior Library
4400 Mission St
Excelsior Playground
579 Madrid
between Russia & Peissal

EXCISIOR cont.
Alice Chalmers Playground
670 Brunswick
Cayuga Playground
301 Naglee
Crocker Amazon Playground
799 Moscow
Mission YMCA
4080 Mission St

MISSION
Mission Neighborhood Center
362 Capp
Mission Recreation Center
745 Treat
Good Samaritan Family
Resource Center
2871 24th St
Columbia Park Boys Club
450 Guerrero St.
Jose Coronado Playground
2773 21st St
Mission Playground
19th St. and Linda
Las Americas Children's Center
3200 20th St
Mission Annex Nursery
421 Baillet
Health Center #1
3850 17th St

San Francisco
RECYCLING
PROGRAM
4 1 5 1 5 5 4 6 1 9 3

THAT'S THE **GIANTS** TICKET, RECYCLE!

Waist Not, Want Not: Questions Answered on Obesity Trends

As a postgraduate fellow in endocrinology at Harvard and Columbia universities some 30 years ago, F. Xavier Pi-Sunyer, M.D., became involved in obesity research, studying why some people develop diabetes when they become overweight. Today he serves as director of the Obesity Research Center and chief of endocrinology, diabetes and nutrition at St. Luke's-Roosevelt Hospital Center. He is also professor of medicine at Columbia University's College of Physicians and Surgeons and is a past president of the American Society for Clinical Nutrition.

Dr. Pi-Sunyer serves as associate editor of *Obesity Research* and is vice-president of the North American Association for the Study of Obesity. In this interview, he speaks frankly about the growing problem of obesity in the industrial world and offers solutions.

How are Americans doing at weight management?

Unfortunately, Americans are getting fatter. The latest data from the National Center for Health Statistics suggest there's been an increased prevalence of overweight in the last 20 years among women, men, adolescents and children. The reasons for this increase are relatively clear. Although we have the same genes as 20 years ago, our lifestyles have become increasingly sedentary. We do less physical work at work, and are less physically active both at home and in recreation, so we are expending fewer calories. At the same time, Americans spend relatively little on a wide variety of palatable foods. The combination of increased caloric intake and less exercise makes us heavier.

Do other industrial countries face the same problem?

Yes. Since World War II, there has been an enormous increase in weight among people in Western Europe, Australia, white South Africa and Canada. Obesity is a trend in the industrialized world where muscular work is decreasing, and the ability to get good, palatable food is increasing. While it's been suggested that stress might also be a factor in obesity, it's been difficult to study. Overall, the United States tends to have the highest prevalence of overweight of any country in the world.

Do genetics play a role in obesity?

Yes. Obesity is not just the result of a lack of self-control. For reasons that are unclear, some people have a genetic background that makes it easier for them to gain weight. But when they're in an environment that predisposes them to obesity, like our Western industrialized society, it tends to unmask their genetic propensities. Thus, not every American will become overweight, but those who have the genetic predisposition will become overweight in a highly-sedentary environment.

Do genetics also influence how obesity affects a person's health?

My research suggests that there are differences in terms of obesity-related risks among different populations. Therefore, we can't generalize the health risks of obesity for a given amount of body fat, for percent overweight or for a given kind of fat distribution [i.e. abdominal fat versus fat in hips and thighs]. A person's genetic background may significantly affect the severity of his or her risk factors associated with obesity; that is, the severity of the hypertension, insulin resistance and possible diabetes, or cardiovascular disease risk. For example, there's some evidence that intraabdominal fat is not as dangerous in black women as in white women. So we must be more selective about the groups studied and examine how they respond to different methods of obesity treatment.

Have the goals for weight management changed over the years?

Yes. We now realize that everyone does not have to be normal weight. If someone is very heavy, it's unrealistic for his or her goal weight to coincide with the Metropolitan Life Height and Weight Tables. With modest weight loss, such individuals can still achieve significant improvements in hypertension, abnormal blood lipids, blood sugar and probably cardiovascular disease. For these people, a goal of losing 10 percent of their body weight is more reasonable. If they can lose that amount and keep it off for a year, then they can try for another 10 percent.

What is the biggest challenge in weight management today?

Overall, we've been fairly successful at weight loss. Reputable centers around the country are helping people lose weight through a team approach involving nutrition education, behavior therapy and increased physical activity. But the real challenge is weight maintenance. Most people tend to regain weight one to five years after losing it. There seems to be a powerful, but unknown signal that makes people return to their original weight.

What's the best approach for maintaining weight loss?

First, the trend is to avoid very-low-calorie diets based on 300 to 400 calories a day. On these diets, people lose and regain weight very fast. A more realistic goal is to lose weight much more slowly - one or two pounds a week - over a long period of time. Such diets are significantly less restrictive and designed to teach people about the caloric and fat content of foods. People should learn to pick their own foods instead of somebody telling them what to eat. There's also a movement to help people to reduce the fat in their diets to around 30 percent of calories. This makes sense because lower-fat diets tend to have fewer calories. High-fat foods aren't prohibited, but people should understand that if they eat extra fat one day, they should eat less the next. No food is forbidden, but some foods only can be eaten on occasion for successful weight maintenance.

What role does physical activity play in keeping weight off?

Exercise is extraordinarily important, not so much for the number of calories it expends but because it seems to keep a person focused. Physical activity keeps an individual motivated to maintain the dietary discipline that's required in weight control. Persons who exercise are much more likely to successfully manage their weight than those who don't.

Should young children and adolescents be put on diets?

We're rather conservative about weight loss in children and adolescents, since we want to avoid adversely affecting their growth and development. Generally, the goal is a modest weight loss, or at least weight maintenance so that overweight youngsters aged two and older do not gain weight as they grow. This can be safely achieved by increased exercise. Kids tend to "lean out" when they significantly increase their activity, so fitness is the first line of defense.

How can parents help their children manage their weight?

It's really important to be a role model where diet and exercise are concerned. The best approach is for the whole family to adopt a low-fat high-fiber diet that's rich in vegetables, fruits and grains. Parents should also promote exercise as a family activity. Children with sedentary parents can still be encouraged to exercise by enrolling them in after-school activities or Saturday sports events. But

here, too, it clearly is better if it's a family affair.

Are men and women motivated differently to lose weight?

Generally, men are much harder to motivate. Men usually must have a serious reason for losing weight, such as a heart attack or having recently developed diabetes. Women, on the other hand, are motivated not only by the risk of disease, but also appearance.

Do weight loss practices differ among subpopulations?

There seems to be some distinctions in weight loss practices among different socioeconomic groups. Upper-middle class people generally try to lose weight on their own or in one-to-one situations. Middle and lower-middle class persons tend to use group situations and more commercial weight-loss programs.

Fit Facts



"It's like I'm in another world. I lose track of time and even of myself. I can do anything." These are thoughts of people who experience feelings of well-being and euphoria during exercise.

THE EXERCISE HIGH

After exercise, many people report less stress, irritation, depression and anxiety. There's an extra benefit of improved self-esteem, mood and ability to concentrate both during and several hours after exercise.

Other exercisers experience a transcendence of sorts, including feelings of euphoria, serenity and being one with the activity. They report changes in their perception of time and a loss of self-consciousness that can interfere with athletic performance.

SHORT EXERCISE PERIODS

Most research suggests that 30 minutes of exercise is a good amount. This could even be 30 minutes combining different activities, such as ten minutes of rowing and 20 minutes of cross-country skiing. Most surveys indicate that even low-intensity recreational activity helps reduce feelings of stress, irritability and anxiety.

What's important is to do the amount and type of exercise that's

City Guides Walks

Vacation time is here, and that means out-of-town company may be headed your way. San Francisco City Guides can help you plan their sight-seeing agenda. Take them on a free walking tour or two.

Walkers can join a trained city guide for a free, lively and informative adventure afoot in one of San Francisco's unique and famous neighborhoods. Through September, the City Guide schedule offers different walks throughout the City, including Mission murals, the Palace of Fine Arts and the Golden Gate Bridge.

Tours are scheduled weekdays as well as weekends. A free, guided walking tour is also an unique anchor event for a stay-at-home weekend vacation in the City. No reservations are required.

Printed schedules with meeting

appropriate for you. Trying to do too much too soon will more likely lead to frustration and injury.

EXERCISE ADDICTION?

People who enjoy aerobic exercise are most likely to exercise often. They may feel somewhat depressed if injury keeps them from exercising. Most exercise physiologists would agree, however, that this sort of dedication is not unhealthy.

Symptoms of an unhealthy exercise addiction would include an inability to decrease exercise in spite of injury or medical advice, or feeling that exercise is more important than anything else in life, including work and family. Often people with this type of addiction don't even enjoy exercise, as it becomes a way to limit their participation in life.

Low self-esteem, depression, lack of supportive social group and a dysfunctional family can increase the likelihood of "exercise abuse." Exercise itself does not lead to an unhealthy addiction.

POSITIVE ATTITUDE

If you feel that exercise is just hard work, it's time to rethink your exercise program, making sure it includes activities you enjoy most - or dislike least! Think positive! Chart your progress and remind yourself of your health and fitness goals.

Think about the enjoyable aspects of your exercise program. Enjoy a break during a work day or appreciate the chance to get outside. Look forward to the invigorated feeling after a workout.

National Exercise for Life Institute

times and places for each tour are available at all S.F. branch libraries and at the Convention and Visitors Bureau Information Center at Hallidie Plaza. A schedule can also be obtained by sending a stamped, self-addressed business-sized envelope to: City Guides, c/o Friends of the S.F. Public Library, Main Library, Civic Center, San Francisco, CA 94102.

Comprised of more than 185 volunteers, City Guides is sponsored by the Friends of S.F. Public Library and supported by grants from the George Frederick Jewett Foundation, the Grants for the Arts of the S.F. Hotel Tax Fund and the Sheraton Palace Hotel, receiving sustaining donations from local businesses and voluntary donations from people who take the walks.

A recorded schedule of current City Guides Walking Tours can be heard by calling 557-4260.

Saturdays are Special At the Randall Museum

Limited Saturday classes at the Randall Museum, 199 Museum Way, start at 1 p.m. with sign-ups beginning 30 minutes earlier. Parking is free and children under eight should be with an adult. Call 554-9600 for information.

*July 2: Collage Painting (\$3)
*July 9: Message Boards (\$4)
*July 16: Japanese Paper Puppet (\$4)

*July 23: Feeling 'rabby? (\$3)
*August 6: Handmade Paper (\$4)
*August 13: Basketweaving (\$3)
*August 20: Chemistry Concoctions
*August 27: Folding Books (\$3)
For train enthusiasts, the Golden Gate Model Railroad presents.

*July 16: The Hobby of Model Railroad, a broad introduction to a fascinating hobby from 10:30 a.m. to noon.

*July 23: Model Makers Primer, showing the basic skills and tools needed to create realistic scale models from 10:30 a.m. to noon.

Also on Saturdays:
*Drop-in Ceramics Workshop from 10 to 11:30 a.m.

*Free Animal Talk at 2:15 p.m.
*Model Railroad Exhibit, second and fourth weeks from noon to 4 p.m.

Trimming the Fat

According to the U.S. Department of Health and Human Services, 34 percent of the U.S. adult population is obese. Major health problems thought to be caused or exacerbated by obesity include coronary heart disease, stroke, diabetes, gout, hyperlipidemia and osteoarthritis.



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Sunday Worship Service - 10:30 a.m.
Wednesday Bible Study - 11:00 a.m.
Friday Cottage Bible Fellowship - 7:30 p.m.
Saturday Choir Rehearsal - 10:00 a.m.

YOU are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

COME TO CHURCH THIS WEEK

Strange Happenings

By Ann Buge

AUTOPHOBIA
Ah, yes! So many cars, so little room to park them...as urbanites everywhere painfully know by now. That's why parking meters were invented, you know...so you could fumble around in your pockets pulling out old grocery lists and munched gum wrappers to find quarters, mind you, not nickels and dimes anymore...heaven forbid we should nickel and dime our parking meters to death.

By the way, previously accosted meters are going on sale with other municipal memorabilia - like signs (Bridge Out? - only kidding!) and other crap from the good ol' days being saved from meltdown - for all you Cityaholics with just too much money to spend.

Speaking of old times, its amazing to look at old pictures of our present-day congested streets - long, wide avenues with hardly an automobile to block a driveway or take up two parking spaces. Most of us now have the esteemed privilege of paying the City 21 smuckaroos a year to park in front of our own houses. Yes, it surely keeps them-thar commuters from parking for a zillion hours in our neighborhoods, but the way I see it, everybody with a residential sticker is now paying one mandatory parking ticket each year. By the way, what happens when they run out of letters?

Definitely shocked have been faces of some foreign visitors having the audacity to park in bus stops, handicapped zones and next to curb cuts only

to find - ca-ching - 250 or 275 bucks for the honor. Funny how the old non-moving violations such as double parking and parking next to a fire hydrant just don't seem to add up anymore. Hey, you City fine-thinking-up people, here's some new ones: sitting on the driver's side of a parked car looking like your going to leave and making some poor schmuck wait for the space without letting him know you're not going to leave; boxing people in - as if wheels could turn 90 degrees; parking any sooner than the no stopping time in a tow-away zone with vehicles honking horns and piling up behind; and asking or giving directions while obstructing traffic - pull over and be befuddled, please!

Speaking of traffic, a little kid once asked his older sibling what was causing the bumper-to-bumper phenomenon on a congested highway they frequented with their folks. Big brother responded that it all started with two cars - a timid motorist afraid to pass an old clunker, thus preventing the cautious driver behind them from going any faster. Pretty soon, cars are backed up from here to there - Car 54. Where Are You? - because some ol' geezer wouldn't pull his heap to the side.

And while we're on the subject of backing up, I never did understand the logic behind freeway ramps with two blind lanes suddenly merging into one. Just who in h-lazes were the people coming up with such unique ideas and what was the logic behind their decisions? Are we living in the Stone Age? When the sign say: Merging Traffic, are we supposed to do it Fred Flintstone style? Do we all have rolling pins for wheels? How about Barney's pencil-sharpened log of a car?

And, hey! Who the heck are these

people who insist on driving all the way up to the end of a lane before even thinking of merging when they knew zillions of feet back they'd have to switch lanes? They're the one's causing traffic! For that matter, they're probably the ones who cut in lines at the supermarket. Tickets...tickets, anyone?

While I'm on a roll, just what in the world is the feasible purpose of a bus lane? I know it's for busses, helping them to get around, but seems to me if a street is wide enough to accommodate additional lanes of traffic, it should be for all the traffic. Busses don't deserve their own lanes. They stick out into traffic at 60 degree angles when drivers are too lazy to pull directly into the stop and run red lights tooting their horns - as if hey, it's okay to run the red light. Ho ho! I'm tooting my horn! Come on, I dare you! And if that's not enough, they have to go and make a movie with a runaway bus called Speed starring one of those nasal-talking kids from the Bill and Ted movies.

Now don't go jumping in your car and zoom off in rage hoping to get into one of those Dennis Weaver with the gas truck scenarios. Cars and congestion are here to stay! You can't always have things the way you'd like 'em! Besides, according to Back to the Future II, we only have to wait until 2015 - a mere 21 years - before cars will be zipping around in the sky like the Jetsons. But that's only if the Russians can ever get that flying saucer thing perfected past the crashing model stage. Where's Boris and Natasha when you need them?

Collaborative Barbecue

Soulful music accompanied good eating as the Visitation Valley Collaborative Program held its first barbecue of the summer June 24 at the Community Center auditorium.

Casting the Net On Seafood Safety

From Page 1

cross-contamination. It will also bring the U.S. seafood industry in line with many international trading partners.

SOMETHING FISHY?
Critics of the proposed program charge that the HACCP regulation will allow industry to monitor itself and, therefore, seafood safety will not be significantly improved. Not so, said the FDA.

"This system of mandatory controls draws its strength from one simple principle: the notion that the best way to provide safe, high-quality food is to build safety in during processing," said FDA Commissioner David A. Kessler, M.D.

Under this system, for example, firms will have to document that fish and shellfish have not been made unsafe by pollution or natural toxins in the water. Companies will have to verify that ready-to-eat seafood has been cooked to a safe temperature, safeguards have been taken against cross-contamination between cooked and raw seafood, and finished products are held at proper temperatures.

SAVVY SEAFOOD HANDLERS
Yet responsibility for seafood safety does not end once the product is caught and shipped. Improper handling, storage or preparation at home

can contaminate even the freshest fillets or pound of shrimp.

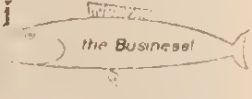
In October 1992, FDA established a Seafood Hotline to provide consumers expert advice. In less than 18 months, the hotline received more than 30,000 calls from every state and several foreign countries.

"There are many misconceptions about seafood safety that still exist and educational gaps that need to be filled," said Ruth Welch, director of the FDA Seafood Hotline.

According to Welch, the most common mistake in seafood preparation is cross-contamination, which occurs when other foods come in contact with raw foods. To avoid this, consumers should: never put cooked seafood on the same plate used for raw seafood; use separate, clean utensils; and thoroughly wash their hands.

For more information on the HACCP proposal or on handling seafood, contact the Seafood Hotline at 1-800-FDA-4010.

International Food Information Council

CATCH 

PER ISSUE: FULL PAGE: \$150; HALF PAGE: \$80; QUARTER PAGE: \$45; 1/8 PAGE: \$25; 1/12 PAGE: \$15. DEADLINE 20TH OF PRIOR MONTH. TEN PERCENT SAVINGS ON SIX MONTH CONTRACT.

RECIPE CORNER

Want to share your recipes? Send them to: Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

This month's selection courtesy of Paul Prudhomme's Louisiana Kitchen.

CAJUN PRIME RIB
4 lbs. prime rib roast (10 1/2 lbs.); 1/4 cup black pepper; 1/4 cup garlic powder; 1/4 cup salt; 2 onions, thinly sliced, 1 tsp. plus 1 tsp. salt; 1 tsp. plus 2 tsp. white pepper; 1 tsp. plus 2 tsp. fennel seeds; 1 tsp. plus 3/4 tsp. black pepper; 2 1/2 tsp. dry mustard; 2 1/2 tsp. ground cayenne pepper

Remove fat cap off top of meat (butcher can do this for you) and save. Place the roast, standing on the rib bones, in a very large roasting pan. Then with a knife make several dozen punctures through the silver skin so seasoning can permeate meat. Pour a very generous even layer of black pepper over the top of the meat (the pepper should completely cover it); repeat with the garlic powder, then the salt, totalling covering the preceding layer. Carefully arrange the onions in an even layer on top so as not to knock off the seasoning. Place the fat cap back on top. Refrigerate 24 hours.

Bake ribs in a 550F oven until the fat is dark brown and crispy on top, about 35 minutes. Remove from oven and cool slightly. Refrigerate until well chilled, about 3 hours (this is done so the juices will solidify and the steaks can be cooked rare). Remove fat cap and discard. With the blade of a large knife, scrape off the onions and as much of the seasonings as possible

and discard. Then with a long knife, slice between ribs into 6 steaks (4 will have bones); trimmed the cooked surface of meat from the 2 pieces that were on the outside of the roast. Season and cook in your favorite way for steaks.

To Blacken the Steaks: Combine the ingredients of the seasoning mix thoroughly in a small bowl; you will have about 8 tablespoons. Sprinkle the steaks generously and evenly on both sides with the mix, using about 4 teaspoons on each steak and pressing it with your hands.

Heat a cast iron skillet over very high heat until it is beyond the smoking stage and you will see white ash on the skillet bottom - at least 10 minutes (the skillet cannot be too hot for this method). Place one steak in the hot skillet (cook only one side at a time) and cook over a very high heat until the underside starts to develop a heavy, black crust, about 2 to 3 minutes. Turn the steak over and cook until the underside is crusted like the first, about 2 to 3 minutes more.

Repeat with the remaining steaks. Serve each steak while piping hot.

Note: If you don't have a commercial hood vent over your stove, this dish may smoke you out of the kitchen. It's worth it! But you can also cook it outdoors on a gas grill; a charcoal fire doesn't get hot enough to blacken the steak properly. If you have a smoke detector in your home, you will be able to determine if it is working correctly. This is not a dish to prepare in an apartment building with a central fire alarm system wired into your smoke detector. It causes great excitement! Also, you can be guaranteed you will meet your landlord.

National Park Service Events

Reservations needed for most activities

JULY 2
Baker Beach
*Seacrest Defense. Explore the military history of Battery Chamberlain and participate in a demonstration of the last six-inch disappearing rifle from 12.30 to 1 p.m. Meet the ranger at the gate to Battery Chamberlain at Baker Beach.

Presidio
*Main Post Historical Walk. Join a walking tour of the Presidio covering more than 200 years of San Francisco history, architecture, cultural landscapes and natural history from 10 a.m. to noon by meeting the walk leader at the Presidio Main Post flagpole (556-0865).

JULY 3
Land's End
*Rocks, Faults and Earthquakes: Enjoy a moderate two-mile hike along the Coastal Trail to discover interesting facts about the geology of the San Francisco Headlands from 10:30 a.m. to noon. Bring a lunch and enjoy views of the Golden Gate from Eagles Point by meeting the ranger at the S.F. Municipal parking lot, north of 48th and Point Lobos Ave. (556-8642).

JULY 4
Presidio
*Presidio Cemetery Walk. San Francisco's National Cemetery is the final resting place of many famous and interesting

people. Dress warmly for a 10:30 a.m. to noon walk by meeting the walk leader at the entrance gate along Lincoln Blvd. (556-0865).

JULY 6
Crissy Field
*Adopt-A-Beach Clean-Up Day. Help clean the beach at Crissy Field from 1 to 4 p.m. by meeting at the Fort Point Administration Building (556-3635).

JULY 9
Fort Funston
*Nursery Talk: Visit the Fort Funston Nursery to learn about native plants, how they adapt to harsh weather conditions and the Park's efforts to restore natural habitat from 1 to 2 p.m. by meeting a ranger at the Fort Funston Nursery.

Presidio
*Mountain Lake to Fort Point Hike: Amble along the last three miles of Presidio founder Anza's route from 10 a.m. to 1 p.m. Meet Presidio docent Bob Halsey at Mountain Lake Park, returning by Muni 28 bus (556-0865).

*Presidio Architecture and Cultural Landscapes: Examine the historic buildings and landscape on the Presidio and see how the post has developed since 1776, from 1:30 to 3:30 p.m. by meeting the walk leader at the flagpole in front of the Officers' Club at the Main Post.

JULY 10
Fort Point
*Pier Crabbing: Learn about

equipment, bait, regulations and other important aspects of crabbing in the Bay, weather permitting, from 2 to 4:30 p.m. Meet a park ranger at the Fort Point fishing pier with 50 cents bait fee (556-0865).

JULY 16
Presidio
*Main Post Historical Walk. (See July 2)

Sutro Baths
*Tour of the Ruins. Take a walking tour of the Sutro Baths ruins from 11 a.m. to noon by meeting a ranger outside the entrance to Louis Restaurant.

Baker Beach
*Junior Rangers. Become a Junior Ranger this summer! Enjoy an afternoon with the ranger and volunteers exploring the beach and surrounding area. Bring a picnic lunch and dress for the weather from 10 a.m. to 2 p.m. Meet Ranger Trina Jackson at the Battery Chamberlain Gate. Baker Beach. Limited to 26 (556-3635).

Ocean Beach
*Adopt-A-Beach Clean-Up Day: (See July 6)

Presidio
*A Walk on the Wild Side. The Presidio contains wonderful natural areas to explore. Learn about the plants, animals and geology of the San Francisco peninsula weather permitting, from 10 a.m. to noon. Dress warmly (556-0865).

JULY 22
Ocean Beach
*Beach Party, Campfire, Bnng

sweaters, marshmallows, and join a ranger for an hour-long program at 7:30 p.m. by meeting at Lincoln Blvd. and Great Highway.

JULY 24
Fort Point
*Pier Crabbing: (See July 10)

JULY 30
Presidio
*Crissy Army Airfield Historical Walk: Learn about the history of Crissy Field and early Army Air Corps and military aviation pioneers. Meet Wyman Spalding, a pilot stationed at Crissy Field for five years, from 1 to 2:30 p.m. by meeting in the parking area adjacent to the old green parachute shop near the west end of Crissy Field (556-0865).

*Main Post Historical Walk. (See July 16)

Sutro Heights
*Sutro History Walk: Take a morning stroll through the remains of Sutro Gardens and Sutro Baths from 10 a.m. to noon by meeting Ranger Trina Jackson at the Lion's Gate, 47th and Point Lobos Aves. (556-8642).

JULY 31
Baker Beach
*Natural Art: Discover with your children the beautiful shapes and colors of nature and use them to create works of art from 1 to 2:30 p.m. in this parent-participation program geared for children ages 4 to 6. Meet a ranger at Battery Chamberlain at the north end of Baker Beach (556-8642).

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Rappers for GAG

Rap artists from Oakland, East Palo Alto and San Francisco pooled their talents June 17 in a rhythmic extravaganza attended by many fans at Local 87 to benefit Girls Against Gangs (GAG). Concert highlights were featured June 25 on "Straight Talk," GAG's regular monthly cable show on Cityvisions, channel 53, airing every fourth Saturday at 8:30 p.m.

"Rappers donated time and performances because they wanted to help get gang members off of the streets," explained GAG Director Shirletha Holmes-Boxx, who also serves as an emcee for the show. Past topics have dealt with street violence and its negative impact on the community.

GAG also has a special 24 hour hotline at 1-800-900-GANG.

Super Tanforan Saturdays

Super Saturday Kids Club continues its third year on the Lower Level. Center Court at Tanforan Park Shopping Center in San Bruno every Saturday through August 27 from 10:30 a.m. to noon. Call 873-2001 for events.

Crossword Solution
From Page 6

DUST • BAH
BE • CAP • LAG
ANT • PEA • NO
NT • PERSON •
• FA • SHAN
SOAR • EL •
• PRIEST • OR
KT • SAT • EMU
TIP • TON • ET
CAN • PLAN

Peculiar Doings

*On the heels of that ill-conceived meeting between Pope John Paul II and President Clinton at the Vatican to discuss - of all things - birth control, we have a Toledo, Ohio instructor suspended for 10 days without pay for teaching his eighth graders to say "I'd like to buy some condoms" in Latin.

*About 100 residents in Martinez phoned complaints to their local cable TV company when everybody there accidentally started receiving one of those adult stations, most likely after watching it a bit, of course. Much more easy to just change channels, don't you think?

*And then there's the lady in Cincinnati who faints whenever she hears profanity. No, she doesn't own the Reds!

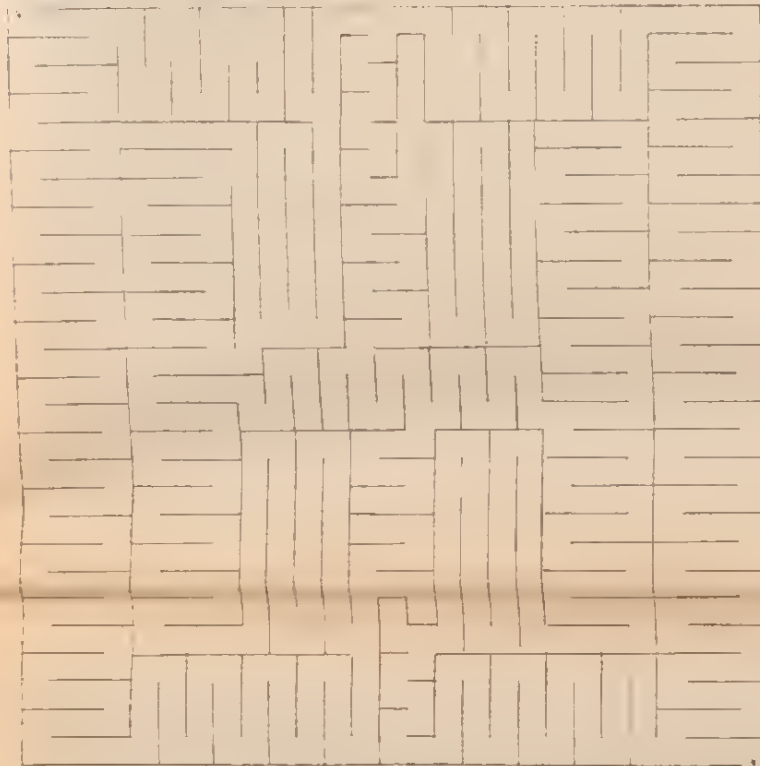
*And in Medina, Ohio, a prisoner managed to escape jail and ride away in a nearby limousine he had previously booked.

*Not to mention the helpful policeman in London who gave directions to an escaped convict when his taxi's driver lost the way.

*On the other hand, a 68 year-old convicted armed robber couldn't handle his new-found freedom after escaping an Australian jail and quickly surrendered himself.

*Hoping to fight drug-related crime,

Minute Maze



the Dutch city of Rotterdam is planning to furnish heroin to addicts. Almost as bad as giving money to crooks.

*Meanwhile, we have a couple in Sonora attending a drug education program to avoid jail for possession of psychedelic toad juice. Drug agents also seized four of their venom-producing pets. What's next, baked banana peels?

*So now Bulgarian artist Christo has permission to wrap the German Reichstag in Berlin with cloth, but why he's bothering heil never know.

*About a tenth of the earth's ozone layer has been lost in the last quarter century, according to United Nations experts - something to consider when deciding which number of sunblock to purchase.

*Government officials are estimating 83,000 people will be hospitalized this year from accidents related to rollerblading. Gee, what can you people predict in the weather department?

*Upset with himself, a drunken man in the Philippines trying to commit suicide shot himself twice in a failed attempt and was later jailed for using an unlicensed gun.

*Then there's the Japanese commuter who died after being kicked in the face by a fellow traveler upset with him smoking on a railway platform.

*In France, government officials are seriously trying to cut back on English language used in advertising and commercial names with stiff fines and jail

sentences. No English? What about the chunnel? Why's that okay? Franc-ly speaking, no dee-fu-rance!

*So now we have phony-baloney Loch Ness monster pictures, but the hunters in Scotland keep hunting. Doesn't anybody shoot videos?

*Next time you're grumbling about gasoline prices, think of the poor people in Sarajevo, overjoyed that limited quantities of diesel fuel, limited to six gallons per car or 24 gallons per truck, would be sold there for \$3.40 a gallon, down from \$22.80 the previous day and \$67.40 a gallon last Christmas.

*How about that really smart kid in Mobile, Alabama - only 10 years-old, already a graduate of the University of South Alabama with a 3.6 grade point average, and he's using this summer to attend graduate school.

*Then there's the 12 year-old girl from Meadville, Pennsylvania who flew a plane across the Atlantic to Iceland. Getting younger every day!

*Down in Texas, a 68 year-old lady from San Angelo finally had a 156 pound ovarian tumor removed from her belly at a Dallas hospital - almost half her weight. Record holder is still the Galveston woman who had a 328 pound cyst removed in 1905. Makes a person shudder just thinking about it!

*In Jerusalem, police recovered the dancing parrot once presented by former Ugandan Dictator Idi Amin to an Israeli official when the stolen bird revealed itself by dancing to a favorite song.

*In Los Angeles, a federal judge overturned a previous ban forbidding firemen from reading nudie books at firehouses. Ogle that!

*New York City is solving parking problems by planning removal of obsolete fire hydrants next year. Couldn't they just hang "out of order" signs on those things in the meantime?

*Last, but not least, the fake U.S. postage stamps sold in New York picturing late radical Abbie Hoffman had postal inspectors claiming they were no good. Well, if you don't like them, rip 'em off!

Memorial Barbecue

Plenty of basketball and dominoes awaited hungry guests as Joey Holmes hosted Sunnydale's first annual "In Memory of" barbecue at a noontime gathering June 25 in John McLaren Park. Honored were the memories of: Betty Holmes, Sadie Gray, Peter Holmes, Young Cooley, Young Otis, Peter Lee, Fly Ant, Black Jay, Baby-O, Goula, Dejele, Kool Kenny, Cris, Muffie, Walida, Dennis, Black D., Knock Boots, Sterling, P. Wally and Fat Mark.

Family School Preschoolers Graduate



VVCC Family School graduates.

Smiles abounded June 10 as graduates of the Visitation Valley Family School Preschool Program donned mortarboards and gowns to receive their diplomas, presented by instructors Denise Williams and Randy Tanksley. Chuck Hazlett played the processional march. Theme of the ceremony was, "Art is an expression on an individual's creativity."



Teaching Assistant Randy Tanksley and Instructor Denise Williams

Bayview Ujima Clinic Extends Summer Hours

S.F. Department of Public Health has extended summer hours at the Ujima Clinic - Monday, Wednesday and Friday from 10 a.m. to 5:30 p.m. - located in the Milton Meyer Recreation Center, 195 Kiska Road, in Hunters Point.

UJIMA Clinic is a unique facility developed to provide health care and street outreach services with a dedi-

cated staff working collectively to provide free high quality health care. Offered are: free testing and treatment of sexually transmitted diseases; confidential HIV testing and counseling; pregnancy testing and family planning; TB screening; immunizations; physicals; and primary care for minor illnesses. No appointments are necessary.

For further information, call the clinic at 321-9272 or Clinic Coordinator Jacqueline McCright at 554-8476.

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DOBRA	A O H S T I O S N N E I O M
ESCIDO	D U O Y D P O J A I D E C O
GUARANI	T R B O T M N L W D G N N L
KIP	S A O A N E J N K U E D A A
KRONER	L K A R A L O T A H Y O N I
KWANZA	K U R G U A W R A G F D I R
LEMPIRA	B B E O A P A R R N N I A A
LILANGENI	G N N E N N I A U E A A R L
MANAT	E A L I I E Y A O Y O M A U
NAIRA	I R Y E L L R L H L D K I P
PA'ANGA	
PULA	
RIAL OMANI	
RIEL	
PUPIAH	
SOM	
TOLAR	

This Month in S.F. History

JULY

1: In 1860 a three-mile single track was completed by the San Francisco and Mission Railroad from the foot of Market St. to Mission Dolores. In 1899, after nearly 30 years of construction, the new City Hall at the corner of Market and McAllister Sts. was finally completed. It would last less than seven years due to heavy damage in the 1906 earthquake. In 1967 Bay Area Rapid Transit construction crews began excavating the dirt below the surface of Market St. for a subway system.

4: In 1850, the Alta California, San Francisco's first daily newspaper, became the first California publication to be printed on steam-powered presses. In 1876 San Franciscans first witnessed a display of electric light, shown from the roof of St. Ignatius College. In 1882 the Telegraph Hill Observatory first opened its doors. In 1903, President Theodore Roosevelt sent the first message to the Philippine Islands on the new Pacific Cable. In 1907, Telegraph Hill's Pioneer Park was dedicated.

5: In 1914 disgruntled City workers and police clashed in the general strike's "Bloody Thursday," resulting in two fatalities.

Urban Garden at S.F. Fair

This year's San Francisco Fair, to be held Labor Day Weekend, September 3 through 5, will have a new feature - the Urban Garden - as part of its unique "Only in San Francisco" contests, with categories including largest, smallest and oddest-shaped

9: In 1846, a United States flag was first raised in San Francisco, then known as Yerba Buena.

13: In 1898, the Ferry Building at the foot of Market St. opened.

15: In 1917, a celebration was held at the west portal of the Twin Peaks Tunnel to celebrate its completion.

17: In 1853, Bishop Alemany laid the cornerstone of Old St. Mary's Church at California St. and Grant Ave. (then Dupont St.) to commence construction.

19: In 1880, San Francisco opened its first lending library. In 1955, the Balclutha first tied up at pier 43 as part of a floating museum.

23: In 1852, the Presidio's U.S. National Cemetery received its first interment.

25: In 1903, a mysterious fire destroyed the 21 year-old castle observatory at the peak of Telegraph Hill.

28: In 1849, the Meinon made a 120-day voyage from New York, becoming the first clipper ship to arrive in San Francisco Bay.

29: In 1958, with dwindling patronage due mainly to the 22 year-old Bay Bridge, the Southern Pacific Bay Ferry discontinued service.

vegetables, and the biggest weed. Smallest vegetables must be grown to maturity, according to Fair Coordinator Victoria Galea.

Pre-registration deadline is August 26 with a \$10 entry fee including a free admission to the fair at Civic Center Plaza. Call 703-2729 for a free copy of the fair's contest book.

FAMOUS BIRTHDAYS

JULY

1: Nick Adams (1931); Dan Aykroyd (1952); Karen Black (1942); Leslie Caron (1931); Olivia DeHavilland (1916); Princess Diana (1961); Jamie Farr (1936); Fied Gwynne (1926); Deborah Harry (1945); Charles Laughton (1899); Frank Morgan (1890); Sydney Pollack (1934); George Sand (1804); Twyla Tharp (1941).

2: Jose Canseco (1964); Polly Holliday (1937); Dan Rowan (1922); John Sununu (1939); Arthur Treacher (1894); Natalie Wood (1938).

3: Dave Barry (1947); Delta Burke (1956); Edd "Kookie" Byrnes (1933); George M. Cohan (1879); Michael Cole (1946); Tom Cruise (1962); Dorothy Killgallen (1913); Ken Russell (1927); George Sandais (1906).

4: Louis Armstrong (1900); James Bailey (1947); Stephen Boyd (1929); Calvin Coolidge (1872); Virginia Graham (1912); Nathaniel Hawthorne (1804); Ann Landers (1918); Gina Lollobrigida (1927); L.B. Mayer (1885); Mitch Miller (1911); Garleido Rivera (1943); Neil Simon (1927); George Steinbrenner (1930); Abigail Van Buren (1919).

5: P.T. Barnum (1910); Jean Cocteau (1899); Huay Lewis (1951); Henry Gebot Lodge, Jr. (1902); Ralph Morgan (1883); Warren Oates (1929).

6: Alyce Beasley (1954); Ned Beatty (1937); Sebastian Cabot (1919); Fred Dryer (1948); Merv Griffin (1926); John Paul Jones (1747); Janet Leigh (1927); James Naughton (1946); Pat Paulsen (1927); Nancy Reagan (1921); Della Reese (1931); William Schallert (1922); Sylvester Stallone (1946); Burt Ward (1946).

7: Pierre Gardin (1922); Shelley Duvall (1949); Jack Kemp (1935); Satchel Peige (1906); Doc Severinsen (1927); Ringo Starr (1940).

9: Kevin Bacon (1959); Billy Eckstine (1914); Marty Feldman (1934); Anjelica Huston (1951); Steve Lawrence (1935); Nelson Rockefeller (1908); Joe Spano (1946); Jerry Vale (1931).

9: Brian Dennehy (1938); Tom Hanks (1956); John D. Rockefeller (1839); Fred Savage (1976); O.J. Simpson (1949).

10: David Brinkley (1920); David Dinkins (1927); Arlo Guthrie (1947); Jake LaMotta (1921); James Whistler (1834).

11: John Quincy Adams (1767); Harold Bloom (1930); Yul Brynner (1920); Tab Hunter (1931); Leon Spinks (1953); Harry Von Zell (1906); E.B. White (1899).

12: Milton Berle (1906); Tod Browning (1892); Bill Cosby (1938); Ken Curtis (1916); Gheryl Ladd (1951); Richard Simmons (1948); Jay Thomas (1948); Henry David Thoreau (1817).

13: Harrison Ford (1942); David Garraway (1913); Fethi Edwerd Flanagan (1886); Cheech Mann (1946); Patnck Stewart (1940).

14: Annabelle (1912); Ingmar Bergman (1919); Polly Bergen (1930); John Ghandcior (1927); Jean Dixon (1894); Douglas Edwards (1917); Gerald Ford (1913); Woody Guthrie (1912); Dale Robertson (1923); Harry

Daan Stanton (1926); Irving Stone (1903); Terry-Thomas (1911).

15: Willie Aames (1960); Alex Karras (1935); Veronica Lake (1919); Kirt Manwaring (1965); Clemani Moore (1779); Rembrandt (1606); Linda Ronstadt (1946); Jan-Michael Vincel (1944); Forest Whiteaker (1961).

16: Reuben Blades (1948); Mary Baker Eddy (1921); Bernard Hughes (1915); Percy Kilbnde (1988); Ginger Rogers (1911); Barbara Stanwyck (1907).

17: Lucie Arnaz (1951); James Gagney (1899); Diahann Carroll (1935); Phyllis Diller (1917); Art Linkletter (1912); Bill Monroe (1920); Donald Sutherland (1934).

19: James Brolin (1940); John Gienn (1921); Screamin' Jay Hawkins (1929); Elizabeth McGovern (1961); Harriet Nelson (1912); Martha Reeves (1941); Red Skelton (1913); Ghill Wills (1903).

19: Lizzie Borden (1860); Vickie Carr (1941); George Dzundza (1945); Pat Hingle (1922); George McGovern (1922).

20: Ghuck Daly (1933); Diana Rigg (1938); Natalie Wood (1938).

21: Ernest Hemingway (1899); Allyn Joslyn (1905); Jon Lovitz (1957); Ken Maynard (1896); Janet Reno (1938); Don Knotts (1924); Gai Stevens (1948); Robin Williams (1952).

22: Albert Brooke (1947); William Dafoe (1955); Oscar de la Renta (1932); Robert Dole (1923); Louise Fletcher (1934); Danny Glover (1947); Don Henley (1947); Rose Kennedy (1890); Gregor Mendel (1822); Alex Trebek (1940).

23: Raymond Ghandler (1888); Bert Convy (1933); Gloria DeHaven (1925); Woody Harralson (1961); Belinda Montgomery (1950); Haile Selassie (1892).

24: Barry Bonds (1964); Ruth Buzzi (1936); Lynda Carter (1951); Amelie Earhart (1898); Robert Hayee (1947); John D. McDonald (1919); Frank Silvola (1914).

25: Walter Brennan (1894); Estelle Getty (1923); Jack Gilford (1913); Barbara Harris (1935); Jerry Pans (1925); Walter Payton (1954).

26: Grace Allen (1905); Blake Edwards (1922); Susan George (1950); Mick Jagger (1943); Garl Jung (1875); Stanley Kubrick (1929); Marjone Lord (1922); Jason Robards, Jr. (1922); George Bernard Shaw (1866); Vivian Vance (1912).

27: Leo Durocher (1906); Norman Lear (1922); Betty Thomas (1948); Jerry Van Dyke (1931); Keenan Wynn (1916).

29: Bill Bradley (1943); Joe E. Brown (1922); Jacqueline Kennedy Onassis (1929); Beatnx Potter (1866); Sally Struthers (1948); Rudy Vallee (1901); Michael Wilding (1912).

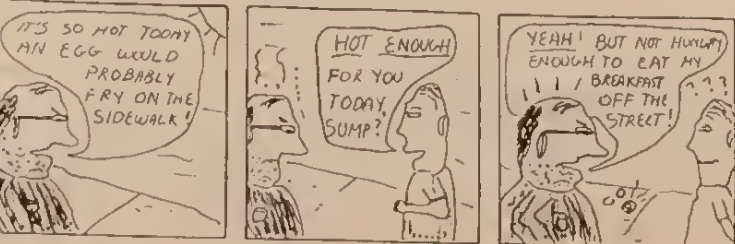
29: Elizabeth Dole (1926); Peter Jennings (1938); Benito Mussolini (1883); William Powell (1992); Booth Tarkington (1869); Thelma Todd (1905).

30: Paul Anka (1941); Petar Bogdanovich (1939); Delta Burke (1956); Henry Ford (1863); Arnold Schwarzenegger (1947).

31: Milton Friedman (1912); Gurt Gowdy (1919); Don Murray (1929); Wesley Snipes (1963); Bill Todman (1919).

Sump, the Grump

By Jackie Holder



SPCA Takes Humane Stance on Feral Cats

Every morning at 8 a.m., John sets out to feed and care for a colony of homeless cats in Golden Gate Park. By the time he arrives, the cats, who know this routine well, are already waiting patiently at their feeding stations. Some of the cats John cares for were born in the park like other wild animals; others were once pets, long since abandoned by people.

When one of John's cats is sick or injured, he takes it to the veterinarian and pays for medical care out of his own pocket. John has also paid to have cats altered, so they won't breed and add to the homeless cat population.

Since John took up this task 20 years ago, the number of cats in his colony has been drastically reduced. As a private cat colony caretaker, John has never asked for nor received any remuneration or thanks. His only reward is knowing he has made life a little easier for the cats he loves.

Feral cats. No one knows how many there are, or even exactly how to define them. Webster's Dictionary defines "feral" as "having escaped from domestication and become wild." But this doesn't cover all the cats commonly known as feral.

Some of these elusive felines were born in parks and alleyways, and never have nor will become accustomed to people. Others may be "marginally owned," living in someone's backyard, garage or barn, or traveling from doorstep to doorstep in search of food and occasional shelter. As neighborhood cats, these felines may still be used to some human contact.

If feral cats are difficult to define, there is even less agreement on how to deal with them. For John, the answer is clear. But many people think what he and other cat colony caretakers are doing is wrong.

Mayors of San Francisco

JAMES ROLPH, JR.

No other city official has, or will ever match the remarkable tenure of San Francisco's 30th mayor, James Rolph, Jr., popularly known as Sunny Jim. Winning five consecutive elections and serving for 19 years, the prominent businessman's years in City Hall might have even been longer had he agreed to run earlier.

A San Francisco native born August 23, 1869 South of Market on Minna St., Rolph attended Mission district elementary schools and eventually

Some people believe feral cats should be treated like raccoons, opossums, or any other wild animal - left alone, with no human support or intervention. Others, including several humane organizations, believe in extreme intervention where feral cats are trapped and killed. They view feral cats as domestic animals - pets. And since an overwhelming majority of feral cats will never live like pets, with the comforts of a loving home and close human contact, these people believe death is the only appropriate answer.

Are feral cats more like wild animals or house pets? Are their lives too hard, or can we accept some hardship as part of life? Do we have a responsibility to take care of feral cats? If so, how far does that responsibility go? Does it mean we have to euthanize them if we can't provide - or they can't adapt to - life in a human home?

SF/SPCA doesn't claim to have the answers to all these questions; but in thinking of them, has followed the advice of one animal advocate: "Err on the side of life."

We acknowledge that feral and abandoned cats face hardships - sometimes severe - but we don't think death is necessarily better than a less-than-perfect life. In our view, there is little justification for euthanizing healthy cats who have responsible caretakers like John. To condemn these animals for being exposed to risks companion animals might not face or lacking the comforts of house pets, errs, we think, too far on the side of death.

Humane euthanasia has its place in assuring the end to painful suffering. But it should be used as a last resort, under the needs and circumstances of an individual animal, rather than a preventive measure to ward off potential suffering, or solving problems in an imperfect world; and not because the animal happens to belong to any particular group or category.

graduated from the Trinity School - associated with the Trinity Episcopal Church at Bush and Gough Sts. - in 1888, while going to work for the commission house Kittle and Company as a messenger. In 1898, he formed a shipping commission partnership with George Hind, a business which a decade later had grown from two vessels to ten.

Other firms eventually commenced by the enterprising businessman included the Rolph Navigation and Coal Company, Rolph Shipbuilding Company and the James Rolph Company. In 1903, he helped establish the Mission Bank, serving as its president before becoming a director of the S.F. Chamber of Commerce. Rolph earned further public confidence in 1906 following the disastrous earthquake and fire through efforts with the Mission Relief Association and its abundant disbursement of aid to needy refugees. Married in 1910, his wife, Anna, and he had a son and two daughters. Citing overwhelming business interests, he declined running for mayor in 1909, but willfully obliged two years later when San Franciscans questioned the effectiveness of incumbent P.H. McCarthy, who lost a second term to his nonpartisan successor by more than 20,000 votes.

Spirited into office with his theme song, "There are smiles that make you happy..." Rolph took office January 8, 1912 and proceeded to post victories in elections of 1915, 1919, 1923, and 1927 against candidates - former mayor Eugene Schmitz in 1915 and 1919, and James E. Power in 1927 - unable to sway overwhelming public support of their popular mayor. By then, a 1911 revision in the City Charter had lengthened the mayoral term from two to four years.

Grapevine Crossword

Solution on Pg. 4

AGROSS

1. Soot

4. Pawaw

7. Exiel

8. Hal

10. Trail

12. Picnic pest

13. Seed

15. Negative

16. New Testament

17. Individual

19. 4th music tone

20. Bird

21. Fly

23. Elevation (ab)

24. Padre

27. Either

29. 16 across

30. Was sealed

31. Rhea

32. Apex

34. 2,000 lbs.

36. Space alien

37. Container

38. Agenda

DOWN

1. Depression

2. South Carolina

3. Adhesive

5. Mr. Bundy

6. Cartoon man

7. Forbid

9. Each

11. Proceed

14. Advantage

17. French city

18. Night bird

19. Distant

22. Of the eye

25. Consume

26. Halt

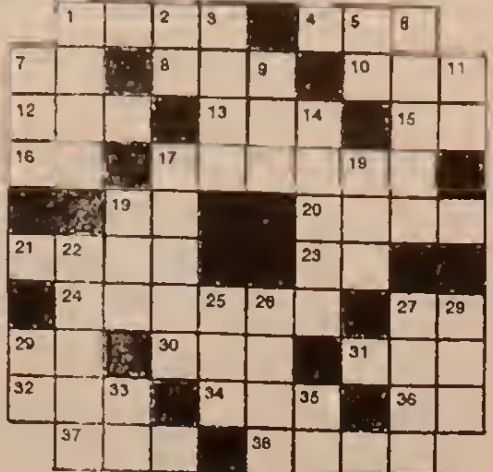
27. Sign

29. Grind

32. Of the eye

33. Pennsylvania

35. National League



Deceptive Credit Card Marketing Offering Supposedly Lower Rates

Beware of the next time you receive an envelope proclaiming a low interest rate for credit. It could contain a credit card solicitation with a "teaser" rate misleading you about a card's actual and future interest rates, according to a recent warning by Consumer Action (CA), a non-profit consumer organization, which reviewed a number of mailed credit card solicitations from various banks.

"In most cases, the bold print on the envelope creates a misleading picture of the real interest rate," contended CA Advocacy Director Anna Alvarez Boyd. "The long-term rate charged to the cardholder could be as much as two or three times higher." In addition, "Many brochures use ambiguous language that makes it difficult to understand the major terms of the agreement."

CA called on Congress and the federal banking agencies to study the need for disclosure requirement standards for credit card teaser rates. It also urged banks to "live up to the spirit of the federal credit card disclosure rules by providing solicitations that clearly explain the rates that cardholders will be charged."

"Teaser rates are common on home mortgage loans," observed Alvarez Boyd, "but are new for credit card solicitations. While there are regulations to require disclosure when teasers are used on home loans, no such protections are afforded potential credit card applicants."

CA is recommending that credit card issuers utilize a teaser rate disclosure box similar to those used for mortgage loans, suggesting credit card issuers be required to present both short-term and long-term rates clearly and completely whenever teaser rates are promoted. Conditions shouldn't be buried in footnotes.

In addition to deficiencies in pre-

senting the long-term rates, CA is concerned about the following marketing tactics found in credit card teaser offers:

*Stating just the teaser rate on the envelope, without any indication of special conditions or qualifications that must be met to get that rate.

*Confusing language in balance transfer offers that raise doubts about which rate applies to what balance, or how long the teaser rate will be in effect.

*Vague language used to present the current federally-mandated disclosures.

*Poor disclosures about which rates will be applied to existing or new balances after the teaser period ends.

*Use of a hidden rate penalty, in which customers who make a late payment are forced to pay a higher rate than the promoted interest rate.

*"Guaranteed" rates that are not really guaranteed, because they are subject to change under several conditions.

As an example, Alvarez Boyd pointed to a solicitation which proclaims a 6.9 percent rate, "the lowest we've ever offered." In fact, she explained, that rate - calculated at prime plus 8.9 percent - will likely more than double in one year, rising to 14.9 percent.

Another pitch trumpets, "Act now, 9.9 percent APR, details inside." While the 9.9 percent rate is often mentioned, it applies just to balances transferred from other cards; only the line print explains the rate for new purchases is a much higher 16.4 percent.

Other solicitations fail to explain what a variable rate is, note the index used for variable rate calculations, or fully describe key provisions that affect rates.

No Sweetener Link to Hyperactivity

Parents should think twice before blaming sweet foods and beverages as the cause of their children's wild behavior or "ants in the pants."

According to a study published in the New England Journal of Medicine, the popular belief that sugar or aspartame, also known as Nutrasweet, may cause childhood hyperactivity simply didn't hold up.

"We couldn't find evidence to support the hypothesis that either sugar or aspartame adversely affected the behavior or learning of children," said Mark L. Wolraich, M.D., professor of pediatrics at Vanderbilt University Medical Center and lead study investigator.

The study included 25 normal 3-to-5 year old children and 23 children between 6 and 10 years of age whose parents believed they were sugar sensitive. Both kids and their families followed three special diets, each for consecutive three-week periods, with sweet foods in the diets consisting primarily of either sugar (sucrose), aspartame or saccharin, which served as the placebo. Sweet foods were carefully prepared so that subjects could not identify the sweetener being used.

The study was double-blind, meaning that neither the children and their families nor the researchers knew when the families were on which diet.

Each week the children's behavior

and learning ability were monitored by parents, caregivers, teachers and researchers on 39 different behavioral and cognitive measures including attention, hyperactivity, aggression, learning ability, motor activity and mood.

Although children in the study consumed higher levels of sugar and aspartame than typical intake levels, neither the sugar nor the aspartame affected their behavior or cognitive function. Among those children described as sugar sensitive, there were no differences between the three diets on any of the 39 variables tested. Among the normal preschool children, four of 31 variables differed slightly but failed to show any consistent pattern.

"This was an excellent study that confirms other controlled studies of food additives, none of which have shown any relationship between hyperactivity and sugar or aspartame," said Ronald Kleinman, M.D., chief of the Pediatric Gastrointestinal and Nutrition Unit at Massachusetts General Hospital.

Kleinman, who is also the immediate past chairman of the Children's Nutrition Committee of the American Academy of Pediatrics, added, "I hope the study helps to change public misperception and makes people realize that eating sweets does not make children hyperactive."

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PACE Instructor Training Scheduled

Properly designed exercises combined with periods of rest are important in controlling some symptoms of arthritis, according to the Arthritis Foundation, Northern California Chapter. Regular exercises can help keep joints flexible, build and preserve muscle strength, and protect joints from further stress.

To encourage movement, the Arthritis Foundation offers the People with Arthritis Can Exercise (PACE) program throughout the Bay Area, a recreational activity which when practiced as part of a group, can help relieve not only pain and stiffness, but two other common problems of arthritis - isolation and depression.

Those having a background in exercise wanting to volunteer in helping arthritic people keep moving may be interested in becoming a PACE class instructor. Instructor's training is being offered at Peninsula Re-Care in Burlingame on Friday, July 22 and Saturday, July 23. Those in training will learn specific exercises, joint protection, various forms of arthritis and safe techniques to teach exercises to people suffering from joint inflammation.

For more information, contact Kathy Downs of the Arthritis Foundation at 1-800-464-6240.

July 1994

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CALLENDAR FROM THE NEWS TONIGHT SUBMITTED BY 20TH OF JUNE 1994					1 Dinner/Dinner (Candle) 7:00pm Visitation Valley Area Rescue/1st Ann	2 10:00am Saturday Art Classes at VVCC (50 Raymond)
3 1:00pm VVCC Bingo	4 Independence Day	5	6 6:30pm Valleywide Parents' Council	7 11:00am VVCC Senior Council Meeting 7:00pm ROSTS meeting	8	9 10:00am Saturday Art Classes at VVCC (50 Raymond)
10 1:00pm VVCC Bingo	11	12 4:00pm VVCC Board Meeting 4:00pm Valleywide Parents Advtl 7:00pm Dorado N.B.C. Meeting	13 6:00pm Executive Park Advisory Committee open to all	14	15	16 10:00am Saturday Art Classes at VVCC (50 Raymond)
17 1:00pm VVCC Bingo	18 Vis. Valley Task Force - at 240 Leland 6:00-7:30	19	20	21	22 1:00pm Visitation Valley Improvement Club	23 10:00am Saturday Art Classes at VVCC (50 Raymond)
24 1:00pm VVCC Bingo	25	26	27	28 USDA Surplus Food Distribution Day at VVCC	29	30 10:00am Saturday Art Classes at VVCC (50 Raymond)
31 1:00pm VVCC Bingo						

June

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

August

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

CHECK WITH VISVALLEY YOUTH PROGRAMS FOR COLLABORATIVE EVENTS

Activities Continue at the Exploratorium

SOUND STUDIO

More than 250 workshops, demonstrations and hands-on exhibits from the edge of the latest technology in music-making are featured at this summer's Interactive Sound Studio at the Exploratorium - everything from disco karaoke and morphing between musical forms, to using the topography of the Grand Canyon, L.A. Bay Area and other places as a compositional tool.

ALTERNATIVE CARS

For Californians, finding alternative energy transportation is a timely and vital issue in solving the problem of auto pollution. On July 14 from 8 a.m. to 1 p.m., the Exploratorium will display eco-cars and alternative vehicles outside the museum's north entrance in a public preview of forthcoming alternative energy vehicles featured in the Solar Energy Expo and Rally to be held in Ukiah.

Free Legal Help

Anyone with a problem that may require an attorney can visit the free Legal Advice and Referral Clinic, July 9, 10:30 a.m. to noon at Hastings College of the Law, 198 McAllister St. where a private consultation with an attorney will determine if there is a legal problem. Those needing further legal assistance will receive a referral to an appropriate agency.

Most areas of law, including family, landlord/tenant, business, consumer, wills, personal injury and employment will be covered at the monthly clinic, held as a free service of the Volunteer Legal Service Program of the Bar Association of San Francisco.

This clinic is not a service of Hastings Law School. Please do not call Hastings. More information is available at 764-1616.

SAN FRANCISCO PLANNING COMMISSION ADVISORY COMMITTEE ON HAZARDOUS WASTE FACILITY EXPANSION ON TUNNEL AVENUE

Regular Meeting, July 19, 1994 at 7 p.m.
Korean Presbyterian Church
120 Lathrop Ave., San Francisco

Review of existing hazardous waste operations -
what is proposed to change?
Health Risk Assessment Presentation
Further information: 558-6319

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Task Force Releases Valley Survey Results

From Page 1

though the City officials have already stated that maintaining a police sub-station in Visitacion Valley would be too costly. In addition to the 12 Valley streets cited in the plan for illumination improvements, residents at the meeting mentioned Sawyer, Hahn, and Talbert Sts. as thoroughfares which could also benefit from better lighting.

Youth program recommendations call for better community-based services, increased day care and establishment of a teen and working family clinic, while economic development ideas center on business training,

community beautification and revitalization of the Visitacion Valley Merchant's Association. Medical services, long absent from the Valley since the closing of Maxicare several years ago, are also stressed as a vital need.

VVTF members also emphasized that items listed in the Community Plan's preliminary draft are subject to future revision as the community contributes more suggestions and ideas to a final outline.

Next VVTF meeting is July 18, 6 to 7:30 p.m. at St. James Presbyterian Church, 240 Leland Ave.

Visitacion Valley Task Force Preliminary Recommendations

HOUSING:

Recommendations by the Mayor's Visitacion Valley Task Force (VVTF) are for existing buildings known as Geneva Towers to be left untouched until current residents are relocated to specific housing in the area or a place of their choice, and they be given first option of returning to newly constructed buildings. VVTF also recommends dwellings located in the Sunnydale community be torn down and new housing consisting of 2 to 4 bedroom units be built in a new infrastructure allocating a specific number of housing units available for rent and purchase by current residents.

Further recommended strategies include:

1. Creating a comprehensive service program specifically for the residents of Geneva Towers and Sunnydale to ensure their permanent residence in Visitacion Valley, including a series of "Section 8" workshops (Tenants Rights as directed by FHA) and the development of a community-based tenant relocation assistant.
2. Beginning construction of low-to-middle income dwellings on the vacant lot adjacent to Geneva Towers on Sunnydale Blvd.
3. A percentage of new dwellings be earmarked as Section 8 dwellings around Visitacion Valley at the discretion of future builders.
4. A senior home and center be developed with starter homes built around it for first-time buyers.
5. Commenced construction of new housing in Sunnydale with first option given to its current residents once dwellings are completed.

SAFETY

To ensure safety of residents and future businesses, improve communications and develop a working relationship between police and the community, VVTF recommends:

1. Creating a police sub-station in Visitacion Valley.
2. Improved communication between police and the community by: inviting at least two police officers from each precinct to attend monthly VVTF meetings; increasing police patrols between 5 and 10 p.m., including bus routes to, around and through Visitacion Valley; increasing the number of bilingual officers; and developing a volunteer program with community residents who would perform clerical tasks at police stations, thus freeing more officers to patrol streets.
3. Developing more neighborhood watch programs in Visitacion Valley, with community awareness classes - reducing one's chances of being a victim; and suggestion boxes for community input located at strategic Valley places and monitored by VVTF individuals for forwarding to police.
4. Improved lighting on the following Valley streets and avenues: Leland, Wilde, San Bruno, Sunnydale, Rutland, Harkness, Paul, Visitacion, Mansell, Schwerin, Desmond and Alpha.

5. Developing community service programs for first-time youth offenders, including: legally making Visitacion Valley a drug free community; building a drug rehabilitation center; and employing Valley youth within the community.

6. Encouraging redevelopment in Visitacion Valley, thus assisting in crime reduction.

YOUTH PROGRAMS AND SERVICES

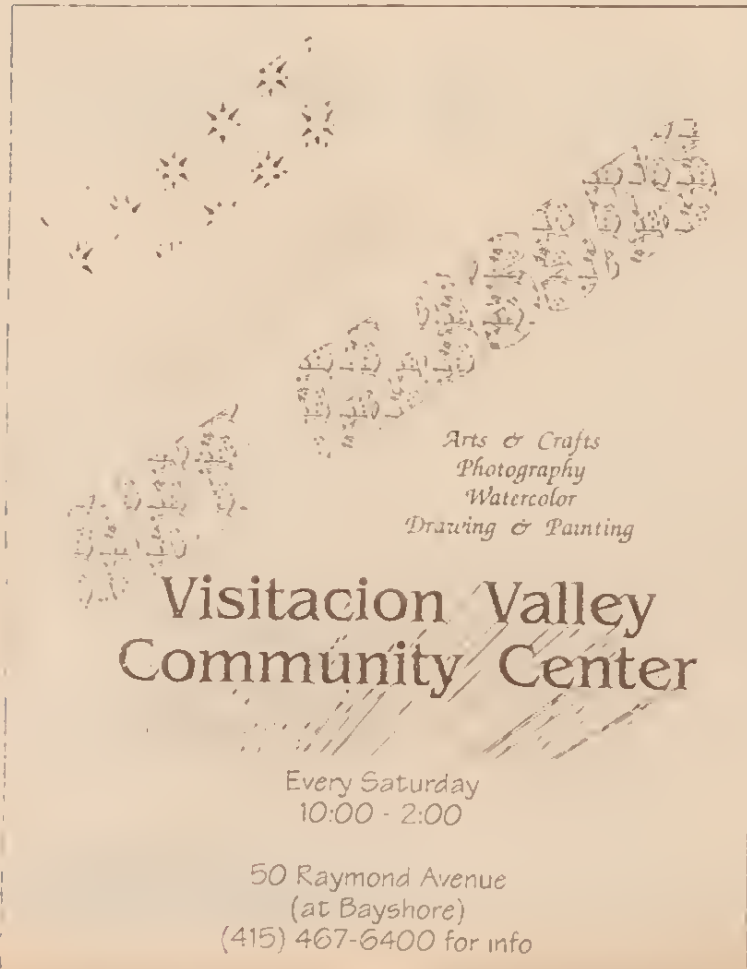
VVTF recommends improvement of communication and interaction between children, parents, teachers and the school district to expand delivery of youth services and recreational programs through public and community-based agencies, and families, while:

1. Providing more quality day care for low-income working parents with shorter waiting lists.
2. Developing resources providing parental information and support services including: stress management; juggling parenting and employment; day care for sick children; respite care; a hotline addressing safety of latch-key children; and expansion of current after-school recreational programs.
3. Developing a program addressing both educational and social needs of drug-exposed or potentially at-risk children in school struggling to get an education with: school-based mental health services; community-based family support services (e.g. a program bringing grandparents and young children together for reading, extended care and supervision and extended family relationships); gang prevention activities after school and on weekends for high-risk age groups; and providing a curriculum in all schools involving play therapy - allowing children to learn, act-out and begin healing from various social and familial abuse.
4. Improving the quality of education by demanding higher academic excellence, including:
 - *Parental involvement in everyday school functions (e.g. clerical, library assistance) tutoring and overseeing follow-up peer counseling.
 - *After-school programs including tutoring (with peer counseling) and classes in computer, ESL, GED, and job-training (e.g. cooking, clerical and apprenticeship programs).
 - *A mentoring program for the community, businesses and schools with tutoring and sponsorship of activities (e.g. Adopt-a-School).
 - *School-to-work training programs within the academic structure.
 - *Improved computer linkage between classrooms, the community center, libraries and housing development centers.
 - *Development of unused grounds surrounding schools to educational and beautification projects.
5. Establishing a teen and working family clinic on-site for both day and evening use, providing information on: pregnancy prevention, drug prevention and intervention, violence and abuse, and nutrition, along with a food program and well baby clinic.
6. Developing a Valley truancy program to reduce potential criminal activity.

ECONOMIC DEVELOPMENT

VVTF recommends revitalization of the business community, creating an environment encouraging businesses to locate in the area by:

1. Providing training and employment to currently unemployed Valley residents at current and future sites of Sunnydale and Geneva Towers - at least half of those unemployed residents should participate in this training - along with entrepreneurial information, and GED and apprenticeship programs.
2. Revitalization of the Visitacion Valley Merchant's Association, with:
 - *Development of training positions providing jobs and future growth for both youth and business owners.
 - *Attracting other businesses to Visitacion Valley by developing creative advertising strategies highlighting positive aspects of local commerce.
 - *Promotion of new or expanded commercial developments complementing existing commercial uses to strengthen community amenities and convenience.
3. Providing business management classes to youth currently working in businesses on Leland Ave.
4. A beautification program improving lighting while employing the currently unemployed to plant trees, clean and paint Leland Ave.
5. Encouraging other banks and savings institutions to locate in the Valley.
6. Enlarging the library by increasing the quality and number of culturally relevant books.
7. Building a large multi-purpose grocery store while creating a "Fresh Start Farms" to provide food and jobs for the community.
8. Developing a multi-purpose employment center with the following provisions:
 - *It must be declared a "safety zone."
 - *Hours of 9 a.m. to 9 p.m. with an on-site child care center (this center will be the heart of the community and the current centers will become satellite centers providing youth sports and senior activities).
 - *All services within the center must have bilingual support.
 - *Inclusion of a referral center, resume writing, phone access for job search, paid stipends, and business clothes bank.
 - *Job training and employment classes developed for those unemployed wanting to gain skills in: bookkeeping; lab technology; child care; retail sales and management; janitorial, and gardening.
 - *Visitacion Valley Community Center's Access Program, currently funded at the experimental level.
 - *GED and ESL classes.
- If the "academic mall," referred to in Youth Programs and Services, cannot meet the growing needs of the community, these services should then extend to the multi-purpose employment center with: computer classes, tutoring, and counseling in both personal matters and drug abuse.
9. Expansion of current medical services within the Valley with development of a comprehensive medical center addressing the primary needs of neighborhood infants, youth, adults and seniors.



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